



THE MINE ON THE MOON
 THE MOON IS A PILLAGER'S PARADISE, REPLETE WITH WATER, RARE METALS AND HELIUM-3, BUT POLICY AND LEGAL ISSUES MIGHT BE EVEN TRICKIER THAN THE LOGISTICS OF EXTRACTION |
 PAGE 11

Jury chosen in sexual assault of captive boy
 Lower Sackville man, age 64, stands accused | PAGE 3

Reach out on North Park roundabouts
 Residents can see, comment on plans this week | PAGE 4

Give a care with your bus fare

Transit Driver Appreciation Day.
 Union head says job deserves more respect

HALEY RYAN
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Many people are distracted when they step on the bus in the morning, but the head of the local transit union is hoping a few more people give a smile and thank you to the man or woman behind the wheel on Tuesday.

Transit Driver Appreciation Day started in Seattle in 2009 and lands on March 18, since that's when the bus service is believed to have started in Paris in 1662.

Ken Wilson, president of the Amalgamated Transit Union (ATU) Local 508, said drivers often work split shifts, 12 hours a day, and keep an eye on five mirrors at all times, so it's nice to get public

Long hours

"They have to sit there driving us around all day, so yeah, I think they deserve a day."

Transit user Rellie Rosay

acknowledgement every once in a while.

"You're picking up the most precious cargo in the world and pulling back into traffic, so you have so many variables that you're responsible for in every minute of your day," Wilson said.

Bus and ferry drivers are the "first to get up, we're the last to go home," Wilson said, and added the mechanics who keep everything running are just as important but don't get the public appreciation.

Waiting for a bus at Scotia Square on Monday afternoon, Jenna Livingstone said she's been using Metro Transit for a year and never had any problems.

"There's a lot of really friendly drivers that I've had," she said.

Rellie Rosay uses the bus every day and said drivers get "a bad rap" in Halifax, although she does complain about inexperienced drivers who swerve too quickly.

Rosay said there is a perception that buses run the road, which she hears from motorists who believe bus drivers "can do whatever they want" and pull into traffic too quickly.

"But it's not really like that because they are Metro Transit — that's the only way," she said.

Wilson said right-of-way legislation is a major issue, and it's important people understand that while it's annoying to get cut off by a bus, that driver has connections to make and "it takes a lot more" for a bus to stop than a car.



WHAT? IT'S TRADITION

Craig McCulloch, draped in green from head to toe, enjoys the fun at Durty Nelly's Irish Pub in downtown Halifax on Monday as people came out in full force to celebrate St. Patrick's Day. Durty Nelly's opened at 7 a.m. to welcome customers. Story, page 6. MELISSA HEALD/FOR METRO



Lower Water Street to water hazard in 15 minutes.

Brunello's 18-hole Tom McBroom golf course is shaping up rather nicely.

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Jury set in confinement case

Crime. Lower Sackville man charged in alleged sex assault of teen boy

A jury was selected Monday in the case of a Lower Sackville man charged with sexually assaulting a teenage boy.

Three days have been scheduled for the trial of 64-year-old John Leonard MacKean by judge and jury in the Supreme Court of Nova Scotia in Bridgewater.

Court adjourned Monday afternoon after seven women and five men were chosen to serve on the jury, with testimony set to begin Tuesday.

MacKean, who was arrested in November 2012 at a Fredericton hotel and released on \$1,000 bail, is also charged with communicating for the purpose of obtaining sexual services from a person under 18.

Last June, David James LeBlanc was sentenced in the case to 11 years in prison after pleading guilty to kidnapping, forcible confinement, sexual assault, uttering threats and breach of conditions.

An agreed statement of facts in LeBlanc's case said he offered the boy a painting job

On the stand

Crown lawyer Lloyd Tancock said he expects to call two police officers and one civilian to testify.

and drove him in a van from Halifax to Lunenburg County in September 2012 on the pretext of picking up painting supplies.

The document said the boy was taken to a cabin in Upper Chelsea, about 130 kilometres southwest of Halifax, where he was chained inside a bedroom and repeatedly sexually assaulted.

The boy later escaped and a woman reported seeing a barefoot teenager at her doorstep, chained at his wrists and ankles.

LeBlanc was arrested in northern Ontario in September 2012 after a Canada-wide manhunt. At the time, police were also searching for 31-year-old Wayne Alan Cunningham, whose body was later found near the area where LeBlanc was arrested. Foul play was not suspected in his death.

Defence lawyer Mike Taylor said while many of the potential jurors had heard of Le-



John Leonard MacKean and his daughter arrive at court on Monday in Bridgewater. MacKean is charged with sexual assault in the case of a teenage boy who was allegedly confined inside a Nova Scotia cabin. MIKE DEMBECK/THE CANADIAN

Blanc's case, relatively few had read news reports about the specific allegations concerning MacKean.

"They're aware of the overall situation, but this case, I don't know how much they heard about it," Taylor said out-

side court.

He declined to say whether his client will testify.

THE CANADIAN PRESS

Minor pot growers not a top cop priority

The deputy chief of Halifax Regional Police says officers won't be "kicking down doors" when Canada's marijuana licensing laws change on April 1.

"If they have a small amount of marijuana and they had a medical licence, we will get to them at some point, but there's no plan to go out and do a full collection," said Deputy Chief Bill Moore at Monday's meeting

of the Board of Police Commissioners.

As of April 1, licences to grow medical marijuana will be revoked as production shifts from individual growers to a handful of large companies.

In HRM, Moore said unlicensed growers will be targeted according to the threat they pose.

"The 'pecking order' of it is:

Help from the feds

Health Canada has said it will share personal information about licensed growers with law-enforcement agencies.

marijuana dealer with gun, No. 1; marijuana dealer without

gun or near a school, and so on," he said.

Coun. Linda Mosher said grow-ops are such a problem in her district that residents "fear for their lives."

"I've got residents in my area ... they're waiting for April 2 to call me," she said. "A house was firebombed; it's a major problem."

Moore said police would cer-

tainly target any problem areas.

"There are certainly people that have been ... exceeding their licensing requirements — those are the top part of who we're looking for," he said. "But I'm talking about an ordinary citizen that has their 30 grams and a couple of plants. We're not going to be kicking in all those doors."

RUTH DAVENPORT/METRO



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'Lucky that I'm here'. Man survives log truck crash

A recent car accident in a Nova Scotia community has confirmed some motorists' worst fears about loaded log trucks.

Peter Francis, a local hockey coach, was driving from Sweets Corner to the arena in Windsor along Highway 14 around 3 p.m. on Friday when he noticed a log truck with a B-Train trailer that seemed to be taking a turn a little too fast.

"I could see that the tail end of his load was starting to let go," the Sweets Corner resident recalled in a phone interview.

Soon after, Francis watched as the truck started to lose its load of lumber.

"It was coming across the road and I could tell that it was going to hit me — there was no way that it wasn't going to hit

me," he said.

Francis says he knew there was no chance of dodging the loose logs barreling toward him. He hit the gas, cut his steering wheel to the hard right to miss as many logs as possible and flipped his car into a deep ditch.

"The front end catapulted over to the back end and I somersaulted more than I rolled," he recalled.

Francis remained conscious while members of the Windsor Fire Department used Jaws of Life extrication tools to free him from the vehicle, and describes his injuries as minor.

"I'm a realist to think that I'm very lucky that I'm here," said Francis, who has a young son. **HANTS JOURNAL**



The aftermath of the car accident. HANTS JOURNAL

Timberlea. Man stabbed on residential street

Police say a 24-year-old has been arrested in an afternoon stabbing Monday in the middle of a residential street.

The RCMP say around 3 p.m. they were called to Wedgewood Avenue in Timberlea regarding a man being stabbed.

RCMP spokesman Cpl. Al LeBlanc said the victim, a 21-year-old man, was stabbed in the street and taken to hospital with undetermined injuries. The suspect was arrested

Charges?

Police say a decision on charges hasn't been made.

nearby, he said.

"Certainly they were known to each other," LeBlanc said of the incident.

It's not known where the victim was stabbed or how serious his injuries are.

PHILIP CROUCHER/METRO

Dartmouth man

Illegal smokes found in U-Haul

A 45-year-old Dartmouth man has been arrested after police say 50 cases of illegal unstamped cigarettes were seized from a moving truck.

The RCMP say they stopped the vehicle on Highway 102 near Enfield Sunday. The U-Haul truck was searched and the contraband smokes were found, police say. The man is charged with possession of unstamped tobacco and other offences. **METRO**

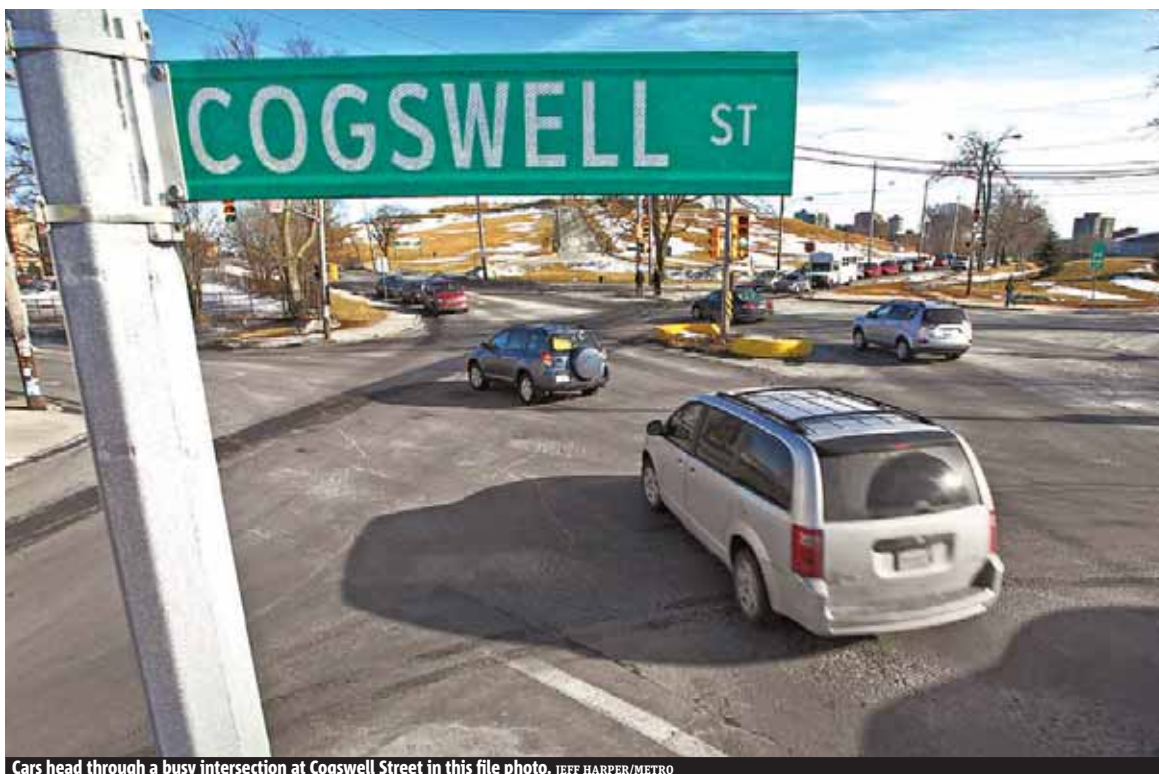
Three arrested

Shots allegedly fired in north end

Police in Halifax say they have recovered a gun and arrested three young men after shots were allegedly fired in the city's north end.

Police say they were called near Creighton Street Sunday about 9 p.m. They say witnesses saw three people running from the area after the shots were heard. Police say three men were later arrested and a firearm was found nearby.

THE CANADIAN PRESS



Cars head through a busy intersection at Cogswell Street in this file photo. JEFF HARPER/METRO

Roundabout design roundabout done

North Park. Public can offer input on 90% drawings at open house



RUTH DAVENPORT
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HRM engineers will unveil the next set of design drawings this week for the two roundabouts that will replace the awkward five-corner intersections on North Park Street.

The 90 per cent drawings for the new roundabouts at North Park-Cunard-Agricola and North Park-Rainnie-Cogswell streets will be available for residents to view at an open house

on Thursday evening.

HRM design engineer Anne Sherwood said Monday the drawings contain more detail on landscaping and grading as well as some changes that incorporate resident feedback gathered in February.

"We've made a slight modification to the geometry at the Cunard intersection," she said Monday. "Pedestrians and cyclists had some concerns about one corner; we've been able to alleviate some of that concern, hopefully."

Sherwood also said active transportation connections for pedestrians and cyclists were reviewed over the last month, and have now been added wherever possible, given the

The 3 Ws

- **What:** Drop-in style public information session
- **When:** Thurs., 7 to 9 p.m.
- **Where:** Atlantica Hotel Halifax, Guild Hall

physical limitations.

"There's one spot where there's a retaining wall, there's another spot where there's a doorway for a business and we just don't feel like that would be a safe place for people to bike," she said. "And we reviewed the details of some of those on-ramps to make sure that they're in the right place."

A public information ses-

sion in February, at which the 50 per cent drawings were revealed, was dominated by concerns about the safety of cyclists using the road and not the active transportation trails.

Sherwood said some of those concerns are due to an unfamiliarity with urban roundabouts, noting the North Park intersections will not be the same as the Armdale rotary.

"The consistent experience for other municipalities ... is that, as roundabouts are built, people's concerns tend to either go away or become less as they get more used to it," she said. "North Park is significantly less busy, half as busy as Armdale, therefore significantly less complicated for everybody."

Seniors charged with drug trafficking

Police say Halifax's latest drug bust has left two seniors facing charges of trafficking and possession.

On Saturday, officers with the integrated drug unit searched a home on Romans Avenue in the city's west end and allegedly seized an amount of cocaine, cannabis resin, marijuana, drug para-

phernalia and cash.

According to Halifax police, a 76-year-old man and 73-year-old woman have been charged with one count each of trafficking and possession.

"It's not unusual for seniors to be arrested for trafficking drugs," said Halifax Regional Police spokesman

Const. Pierre Bourdages, adding while the age of the suspects is "unusual" it's "not unseen."

The two suspects were not known to police, said Bourdages, but they believed drug trafficking was happening at the home, and a search warrant was obtained.

The two suspects were ar-

Released

The man and woman have been released from custody and will appear in court at a later date.

rested at the scene without incident. **MELISSA HEALD/FOR METRO**

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Revellers hit local bars at the very top o' the morning

St. Patrick's Day. Folks get up early and brave the cold for a taste of green beer and frivolity

KAYLYNN
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The only thing more fun than going to the bar for the first time on your 19th birthday is going to a bar for the first time when your birthday falls on St. Patrick's Day.

"It's awesome," said Halifax's Jeff Miles with beer in hand at Durty Nelly's. "It's (10 a.m.) and everybody already has the party going."

The green beer was flowing at Irish bars in the Halifax region, with many dressed in their St. Patrick's Day best to celebrate the day.

Shamrock tattoos and great green wigs were in no short supply as folks made their way to bars like The Old Triangle and Durty Nelly's — which opened at 7 a.m. — to celebrate the pa-

tron saint of Ireland.

Sitting at the bar with a pint close by, Charlie Allen, Justin Robichaud and Joel Melanson proudly displayed their traditional Irish kilts.

The three men from New Brunswick arrived at The Old Triangle at 6 a.m., braving the brisk cold against their bare legs as they waited to get in.

"We came to celebrate the Celtic tradition, the good music and of course the drinks," said Allen.

Tristan Croft and co-workers Doug Capstick and Brendan Price wasted no time getting into the Irish spirit after their shift ended Monday morning.

"We all worked until 7 a.m. and then came straight to the bar," Croft said at Durty Nelly's. "We're going to keep going for as long as we can."

The three men picked up their beers and drank to the notion of keeping the all-day party going. Then Croft revealed what waited for them at the end of the day.

"We have to go back to work tonight but 'shh,' don't tell anyone," he chuckled.



Debbie O'Leary, left, and Theresa DeCoste hold up their green beers at the Old Triangle on Monday morning. MELISSA HEALD/FOR METRO

Talks break off over nurse-to-patient ratio

The union representing nurses employed by Nova Scotia's Capital District Health Authority says conciliation talks have broken down after one day at the table.

The Nova Scotia Government and General Employees Union says talks with the employer broke off on Monday over the issue of nurse-to-pa-

Nurse numbers

2,600

The number of registered nurses who work at health facilities in the Halifax area for Local 97 of the union

tient ratios.

Union president Joan Jes-

some says the nurses are adamant about improving ratios to ensure patient safety.

A vote held in February saw nurses 90 per cent in favour of walking off the job.

A union spokeswoman says the nurses will be in a legal strike position 14 days after the conciliator files his report. **THE CANADIAN PRESS**

No injuries in hydrogen leak at generating plant

Nova Scotia Power says there was a small hydrogen leak at its Lingan generating station.

Company spokeswoman Neera Ritcey says the leak occurred around 2 p.m. Monday in a storage area outside the plant.

Ritcey says the hydrogen, which is used in the plant's

What happened?

Company spokeswoman Neera Ritcey says the cause is under investigation.

cooling system, vented from a tank into the air, lowering the

overall risk of combustion.

She says a safety crew from the plant as well as police and firefighters responded at the scene.

Ritcey says no one was hurt and the plant continued to operate, although the immediate area of the leak was cleared of personnel.

THE CANADIAN PRESS

Wild Live

Tickets still available for Hedley concert

Hedley fans can still get tickets to see the popular Canadian band rock the Halifax Metro Centre on Tuesday night.

Special guests include Halifax's own JRDN, Danny Fernandes and Alyssa Reid.

Halifax is the second stop on Hedley's cross-country Wild Live tour.

The show starts at 7 p.m. Tickets range from \$43 to \$73 depending on seating.

They are available through Ticket Atlantic, by calling 451-1221 or at certain Atlantic Superstore locations.

Hedley, led by front man Jacob Hoggard, last performed in Halifax in 2012. **METRO**



Hedley front man Jacob Hoggard
METRO FILE

May 4

Backstreet Boys are coming back to Halifax

The Backstreet Boys are ready to revive some '90s pop in Halifax.

The popular boy band is touring Canada this spring for its World Like This tour and has announced a show at the Halifax Metro Centre

on May 4 at 7:30 p.m.

Tickets go on sale Friday at 10 a.m. through Ticket Atlantic, with prices at \$74 and \$59.

The Metro Centre show is the second stop on a cross-Canada tour that begins the night before in Moncton, N.B.

The Backstreet Boys have played several times in Halifax over the years, including sold-out performances. **METRO**

Minor injuries

Pedestrian struck in parking lot

A woman suffered minor injuries after being hit by a car in a parking lot Monday afternoon. The 20-year-old was struck in the arm when a car backing out of a parking spot at 209 Chain Lake Dr. moved forward and collided with her. **METRO**

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An elderly woman speaks to a Russian military man outside a Ukrainian military base on Monday in Simferopol, Ukraine. Voters on the autonomous Ukrainian peninsula of Crimea voted overwhelmingly Sunday to secede from their country and join Russia. DAN KITWOOD/GETTY IMAGES

West hits Russia with sanctions after Crimea vote

Tensions rising.

Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President Barack Obama vowing to "increase the cost" if the Kremlin does not back down.

Ukraine's turmoil has become Europe's most severe security crisis in years and



U.S. President Barack Obama
THE ASSOCIATED PRESS

tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with Russian-speaking eastern Ukraine.

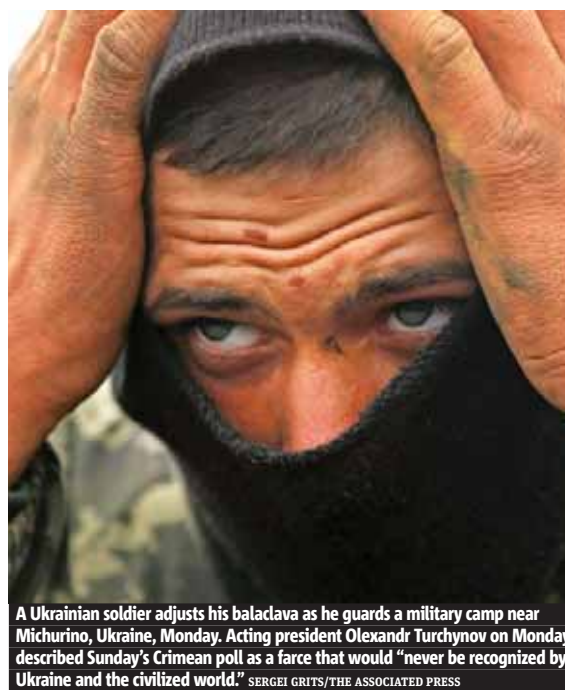
Ukraine's acting president

raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's new government do not recognize the referendum held Sunday in Crimea, which was called hastily as Ukraine's political crisis deepened with the ouster of President Viktor Yanukovich following months of protests and bloodshed. In addition to calling the vote itself illegal, the Obama administration said there were "massive anomalies" in balloting.

A top Russian official hit by sanctions mocked Obama.

"What should those who have neither accounts nor property abroad do? Have you not thought about it?" Deputy Prime Minister Dmitry Rogozin tweeted. "I think the decree of the President of the United States was written by some joker." THE ASSOCIATED PRESS



A Ukrainian soldier adjusts his balaclava as he guards a military camp near Michurino, Ukraine, Monday. Acting president Olexandr Turchynov on Monday described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." SERGEI GRITS/THE ASSOCIATED PRESS

What's next?

- A delegation of Crimean lawmakers was set to travel to Moscow on Monday for negotiations on how to proceed. Russian lawmakers have suggested that formally annexing Crimea is almost certain — with one saying it could happen within days.
- The Crimean referendum could encourage rising pro-Russian sentiment in Ukraine's east and lead to further divisions in the nation of 46 million.
- In Kyiv, acting president Olexsandr Turchynov vowed that Ukraine will not give up Crimea.

The view from home

Harper: 'We must keep the pressure on' Russia

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea to secede from Ukraine.

Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal Russian military occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

He made the announcement prior to meeting Vadym Prystaiko, the Ukrainian ambassador to Canada.

"It's my strong belief we must keep the pressure on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said. "What the Putin regime has done cannot be tolerated and can never be accepted."

THE CANADIAN PRESS

Scientists find Big Bang's 'smoking gun'

'You can see back to the beginning of time'. Expert believes finding is among the greatest discoveries over the last 25 years

The universe was born almost 14 billion years ago, exploded

into existence in an event called the Big Bang. Now researchers say they've spotted evidence that a split-second later, the expansion of the cosmos began with a powerful jump-start. Researchers reported Monday that they found this evidence by peering into the faint light that remains from the Big Bang.

For their research, astronomers scanned about 2 per

cent of the sky for three years with a telescope at the South Pole, chosen for its very dry air to aid in the observations.

They were looking for a specific pattern in light waves within the faint microwave glow left over from the Big Bang. The pattern has long been considered evidence of the rapid growth spurt, known as inflation. The research team's leader, John Ko-

vac of the Harvard-Smithsonian Center for Astrophysics, called it "the smoking gun signature of inflation."

The discovery "gives us a window on the universe at the very beginning," said theoretical physicist Lawrence Krauss of Arizona State University, who was not involved in the work. "You can see back to the beginning of time." **THE ASSOCIATED PRESS**



Scientists used telescopes in Antarctica to find evidence the universe began with a split-second of rapid growth. COURTESY STEFFEN RICHTER/THE ASSOCIATED PRESS



Indians celebrate the spring festival of colours

A man smears the face of a woman with colours during celebrations marking Holi, the Hindu festival of colours, in Mumbai, India, Monday. The holiday, celebrated mainly in India and Nepal, marks the beginning of spring and the triumph of good over evil.

RAJANISH KAKADE/THE ASSOCIATED PRESS

Toxic smog. Paris curbs use of cars on city streets

Paris imposed drastic measures Monday to combat its worst air pollution in years, banning around half of the city's cars and trucks from its streets for a day in an attempt to reduce the toxic smog that's shrouded the City of Light for more than a week.

Cars with even-numbered license plates were prohibited from driving in Paris and its suburbs.

France has seen exceptionally warm, dry weather this month with little wind, which has trapped car pollution and fumes from seasonal farming activity in the air.

Environment Minister Philippe Martin said lower traffic and favourable weather

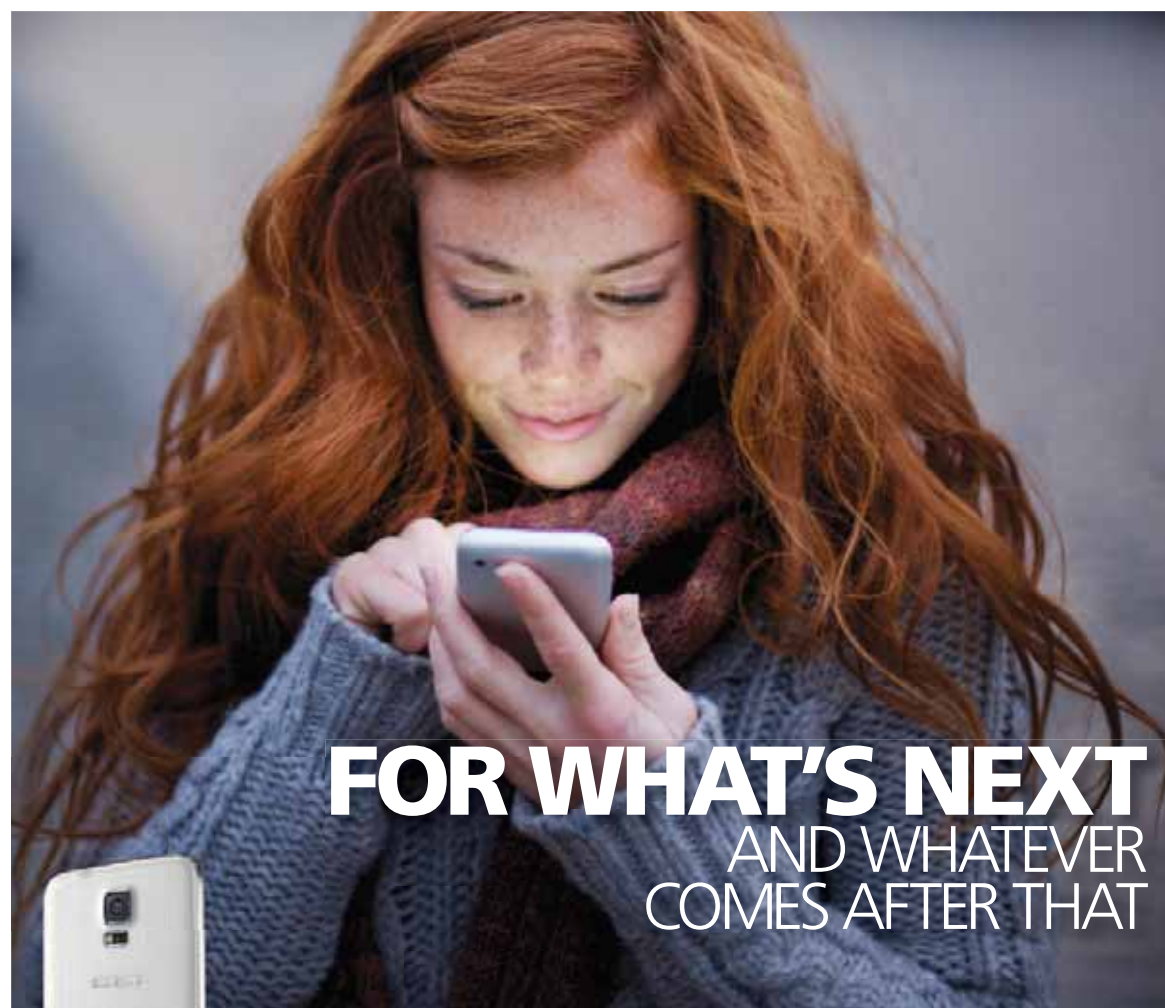
In other cities

- Athens has had an alternate driving ban in place for years. In Brazil, Sao Paulo employs a licence plate-based system that assigns each car a day of the week when it cannot be driven in rush hours.

er patterns were having an impact on pollution, and that the alternate-plates measure would be lifted Tuesday.

All public transport has been free for four days straight to help deal with the pollution — but that too is set to end Tuesday.

THE ASSOCIATED PRESS



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Alberta. Associate minister resigns, leaving Tory caucus

An associate minister in Alberta Premier Alison Redford's cabinet resigned her post and left the Tory caucus Monday as unrest continued to roil on government benches.

Donna Kennedy-Glans, member of the legislature for Calgary Varsity, cited the inability to create change from within the party and a culture of entitlement as reasons for her departure.

But she did not criticize Redford by name.

"This is not just about

leadership," Kennedy-Glans told reporters in Calgary. "This is about how our party functions and whether change from within is possible."

"We've had conversations about the premier's leadership for months now. I am just one person. I have to make my choices. I'm not here to bring down anyone."

Kennedy-Glans was the associate minister for electricity and renewable energy. She will sit as an Independent.

THE CANADIAN PRESS

Sacrifices

Military rejected Canada Day Afghanistan tribute

Military planners have treaded delicately on how best to remind the country of the sacrifices of Canadian Forces members in Afghanistan, raising

concerns about potential political and public sensitivities, newly released documents show.

That led military brass to ultimately recommend abandoning plans for a noon-time ceremony on Parliament Hill this coming Canada Day that would have commemorated the mission.

THE CANADIAN PRESS

N.Y.C. mayor skips St. Pat's parade

Tension over gay expression. Organizers said gay groups were not prohibited from marching, but couldn't carry signs

New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants can carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day

breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets, including on-air presence, parade participation and any promotional materials that weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with



In this Friday, March 17, 2016 file photo, members of the Irish-American gay community protest the exclusion of gay expression from the annual St. Patrick's Day Parade in New York. DIMA GAVRYSH/THE ASSOCIATED PRESS

Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves Ford as the last remaining major sponsor of the Manhattan parade.

Parade organizers in New York have said gay groups were not prohibited from marching, but they were not allowed to carry gay-friendly signs or identify themselves as LGBT. THE ASSOCIATED PRESS

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Moon mining: The 21st century gold rush

What's up there

- H₂O. Used for drinking and, when separated into hydrogen and oxygen with a little electricity, as rocket fuel.
- Rare earth minerals — platinum, rhodium, gold. Not just bling, platinum group metals are used as catalysts in solar panels. Right now their cost is one of the barriers to making cheap solar cells.
- Helium-3. A potential radiation-free fuel for nuclear energy production.

Building an economy in space. Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD

For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, “you would have been laughed out of the room,” said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there’s certainly a market for what’s up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon

Mission: 2018

Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

Boucher’s Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion’s drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion’s drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a “mining flavour,” said Boucher. Water



Testing of Deltion’s DESTIN drill in frozen lunar simulant. CONTRIBUTED

is an important first step, he explained. When split into oxygen and hydrogen, it’s a fuel that can be used to power further exploration.

“Canada is at a crossroads right now and the next few months will be very telling.”

Nuclear energy

He-3

Q&A

Helium power

Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon’s soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn’t pose a risk of radiation.

“I think it is a question of when, not if.”

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

Changing the mass of the moon

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.



Osinski

If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?

It would have to be a huge fraction of the entire mass of the moon that you’d have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon’s rotation.

Could mining change the way we see the moon from Earth?

You’d have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it’ll be a discussion point.

appears to hold about 100 times the concentration of gold of the richest mines in the world, according to a recent paper co-authored by Dale Boucher, the CEO of Deltion Innovations, based in Sudbury, Ont.

“There is a business case now for mining (on the moon) as an economic activity,” said Boucher.

So why was the idea laughable five years ago? Getting off this planet is a herculean challenge, technically and economically. “Some of the present estimates are that a one-litre bottle of water soft-landed on the moon would cost about a

quarter of a million dollars,” said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you’ve landed on the moon, you’re confronted with more challenges. The ground temperature is -200 C, there’s no atmosphere and solar radiation can damage equipment.

Not all the difficulties are

technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

“Those policy and legal issues are going to be as challenging as the engineering,” said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

Why stop at mining?

According to Osinski and Boucher, the moon could also be home to:



Rocket fuelling stations

Stations that extract water could split H₂O to produce oxygen and hydrogen, fuel for missions venturing farther out into space.

Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble.



Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.



Space hotels

“To me, one of the most iconic images ... is just that image of Earth from the moon,” said Osinski. “I think people would probably just pay for that.”





A good ol' wild legal standoff over whiskey

In this May 2009 photo, Jeff Arnett, the master distiller at the Jack Daniel's Distillery in Lynchburg, Tenn., tests the aroma of whiskey. Jack Daniel's is fighting efforts in the state legislature to dial back the legal definition of Tennessee whiskey, a definition that resembles almost to the letter the process used to make Jack Daniel's. State lawmakers say the requirements make it too difficult for craft distilleries to market their spirits as Tennessee whiskey, a distinctive and popular draw in the booming American liquor business. MARK HUMPHREY/THE ASSOCIATED PRESS FILE

Market Minute

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GOLD
\$1,372.90 US (-\$6.10)

Waterloo, Ont.

BlackBerry cuts 120 workers

BlackBerry has laid off 120 employees in its product development and wireless technology divisions, the company with headquarters in Waterloo, Ont., said Monday. **THE CANADIAN PRESS**

Will the real Bitcoin inventor please stand up?

We're gonna have a problem here. Dorian Satoshi Nakamoto denies he is the face behind the cybcurrency

The man Newsweek claimed is the creator of Bitcoin has hired a lawyer in an attempt to clear his name, repeating a denial he made to The Associated Press more than a week ago that he has never had anything to do with the digital currency.

In a statement issued by his lawyer, Ethan Kirschner, Dorian Satoshi Nakamoto said Monday that he "did not create, invent or otherwise work on" Bitcoin. In the magazine's return to print this month after more than a year, News-



Dorian S. Nakamoto denies being behind Bitcoin. **THE ASSOCIATED PRESS FILE**

week's cover story declared Nakamoto to be the "face behind Bitcoin."

Despite the repeated denials, the magazine has stood behind the story.

Nakamoto, 64, did not say whether he plans to sue the

magazine.

Nakamoto repeated that he had not heard of Bitcoin until his son told him a reporter asked about it in mid-February. He said he has not been able to find steady work for 10 years and had cancelled his Internet service last year "due to severe financial distress."

Nakamoto added that he is trying to recover from prostate surgery in 2012 and a stroke he suffered last October.

Newsweek developed its thesis on the creator's identity by matching Nakamoto's name, educational history, career, political views and writing style to the alleged creator of Bitcoin, who has been known only as "Satoshi Nakamoto." Many believe the name to be a pseudonym. **THE ASSOCIATED PRESS**

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BAN 'BOSSY' OR BE THE BOSS?

Earlier this month, Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most-often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down — which brings to mind shrill nagging rather than competent management strategies — has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make



SHE SAYS
Jessica Napier
metronews.ca

a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon — including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding

roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography *Bossypants* — which chronicles her rise to fame in the male-dominated world of

comedy — is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book *Lean In* as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem *Bossy*, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of *30 Rock*, the award-winning sitcom created by and starring Tina (Bossypants) Fey.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Reviving ancient history



AMR NABIL/THE ASSOCIATED PRESS

Museum opening near pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on

Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS



A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

In glorious news for Beatles nuts and guitar wonks, the excellent Guitar Collection: George Harrison has dropped from its initial price of \$10 to a virtually free tag of \$0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced — and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.



George Harrison
GETTY IMAGES

Twitter

@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?

@Canucklehead_ca: 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

@MomAndDadFight: in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

Follow @metropicks and take part in our daily poll.



Comments

RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!!

Supair Mario posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Nymphomaniac exposes surprising side of Slater

Revealing role.

Keeping his clothes on puts fading star back in the spotlight

MATT PRIGGE

Metro World News in New York

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie *Nymphomaniac*. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgård). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his Dancer in the Dark and Nicole Kidman running away from the sequel to *Dogville*, most actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atypically earnest and warm for Von Trier, and they add an important texture to a film that's alternately comic and unpleasant. "I'm very happy that those scenes are in there. The movie needs that sensitive softer side. You need to understand that



Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

this girl did have some kind of deep, intense emotional background."

Slater shot his footage over four months, coming in and out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But what was funny to hear was when they shot the first sexual encounter scenes and then by

the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl."

For Slater, his *Nymphomaniac* performance is kind of a new big break. He first came to attention in films like *Heathers*, *Pump Up the Volume* and *Young Guns II*, usually playing smirking wisecracks who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and

endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his *Nymphomaniac* turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

DVD review



American Hustle

Director. David O. Russell

Stars. Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flammers on either side of the law, all comports themselves as if they wandered off the set of *Saturday Night Fever*.

Extras include deleted and extended scenes and a making-of featurette.

Saving Mr. Banks

Director. John Lee Hancock

Stars. Tom Hanks, Emma Thompson

When the story sticks to the 1961 mouse-and-cat game between Walt Disney (Tom Hanks), seeking film rights from reluctant *Mary Poppins* author P. L. Travers (Emma Thompson), well, it's a jolly holiday with Mary. The smile curdles through frequent and tiresome strolls down the rocky memory lane of Travers' impoverished Australian childhood and the constant flashbacks make for a whole other movie, a drearier one.

The DVD offers a bonus not available in theatres: You can fast-forward through the dull melodrama, and give thanks that the sugar in the rest of the film is doled out by the spoonful, not the shovelful. **PETER HOWELL**

Keeping it sweet while the rest of the cast gets naughty

"What was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl." Christian Slater

SXSW: Teenage kicks and girls, girls, girls

Step aside, guys.

It was the ladies and the youngsters who ruled South by Southwest this year

PAT
HEALY

Metro World News

If this year's SXSW Music Conference in Austin, Texas, is any indication — and it usually is — then you're going to be hearing a lot more from the ladies. It's telling that the keynote speaker for the conference was Lady Gaga, who along with female-fronted acts like St. Vincent and Perfect Pussy generated the most "Did you get to see?" moments over the five days of music.

Angel Olsen is another woman who you'll be reading a lot more about, and all of the hype is warranted. Hailing from Chicago, she stands perfectly still as her songs course through her, delivering lyrics that feel like important truths that you hadn't yet considered.



Folk singer Angel Olsen was a clear highlight of SXSW, and it's likely she'll be one of 2014's breakout stars. ZIA ANGER

Another female-fronted act that hasn't received quite as much acclaim as Olsen, but is just as deserving, are the Casket Girls. This Savannah band, headed by sisters Phaedra and Elsa Greene, make spooky pop music and incorporate goofy choreography into their dark lyrics. The Girls say that there are more women than men on their current tour with the

bands Stargazer Lilies and Dreamend.

"I think it's totally awesome," says Elsa of the number of women who are making names for themselves in music. "It seems like it's been a totally male-dominated industry, so it's great.... If you think about it, women's lib was really not that long ago and it takes a really long time for that stuff to

take effect."

Many times when interviewing musicians at SXSW, the discussions will take place at a bar over a few Bloody Marys. But the sweat-faded magic marker X's on the hands of The Orwells were an indication that the band, all of whom are 20 years old, wouldn't be following suit. The Chicago five-piece have been at it since

All the young dudes

"We're just living in the present moment, and to us it makes perfect sense for a band to be this age, because most of the bands we like were that age."

Evan Walsh, 17, drummer for the Strypes

high school (which was only a few years ago for them) and their death-grip understanding of how the exchange of energy between audience and band should work made them one of the top must-see acts of this year's SXSW.

Chatting with the band on a sidewalk on 4th Street, what comes across is the youthful exuberance of their live show and a little bit of teenage cynicism. This is the third time they've played SXSW, so excuse them if they're a little jaded.

"Our first South-By, we found our manager," says singer Mario Cuomo. "That's like the best thing that it's ever going to do for us. Once you find a manager and a label that supports you, what the f— is the point of this?"

The point of it is exposure, and The Orwells are getting a

lot of it, having already received seals of approval from the likes of Rolling Stone and Spin for their riotous performances here this year.

Another young band to receive widespread acclaim for their lively performances are The Strypes. Ranging in age from 16 to 18, this Irish five-piece come onstage chomping on gum and dressed to the nines, and then they proceed to play the type of British Invasion blues that would be noteworthy for its authenticity alone even if the band weren't so young.

"We don't really know what's next," says guitarist Josh McClorey, 18. "If we could make a career out of this that would be fantastic to eliminate the idea of having to go to a nine-to-five job that you don't really like."

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Schoolboy Q basks in glow of first No. 1 album

No longer the hypeman. Kendrick Lamar's label-mate scores latest hit for Top Dawg Entertainment

It's Schoolboy Q's turn. The Los Angeles rapper took the hand-off from Top Dawg Entertainment label-mate Kendrick Lamar and scored a touchdown when his new album *Oxymoron* opened at No. 1 on the Billboard 200, selling 139,000 copies in the week ending March 2. It's the second straight strong showing for TDE and Q, who sees it as the start of a championship team.

"Somebody has to step up besides Kevin Durant," said Q, who made the rounds at South by Southwest last week. "Somebody has to step up beside Michael Jordan and Kobe Bryant. They can't do it by themselves. Football is the best example, you can't win by yourself. A good quarterback can't win a champion-

ship. The linebacker can't win you a championship. The coach can't win you a championship. It has to be everybody."

Q held up his part of the deal, delivering a critically praised major label debut that compares favourably to Lamar's Grammy Award-nominated breakthrough good kid, m.A.A.d. city in its grittiness and authenticity. Given the opportunity in front of him, the rapper could have aimed for pop radio success, but instead made an LP that reflects his life as a father and former gang member.

The 27-year-old began his TDE run as Lamar's hype man and calls King Kendrick his brother, giving him the credit for his moment.

"That's how it goes in any successful label — you have to roll off somebody," Q said.

Terrence "Punch" Henderson, one of TDE's two founders, said the back-to-back successes — good kid, m.A.A.d. city debuted at No. 2 upon its release in Novem-



Schoolboy Q performs during this year's SXSW Music Festival in Austin, Texas. JACK PLUNKETT/INVISION/THE ASSOCIATED PRESS

ber 2012 — show where the label is headed.

"The first time with Kendrick wasn't a fluke," Henderson said. "Q came out, got a No. 1 album, but the album's actually great. It's a great record and that's what

we aim towards, to put out great music."

Henderson reaffirmed plans to release a new album from every label member this year — SZA is up next on April 8.

That list includes Lamar,

who he says has recorded 12 new songs but may throw them out and start anew.

Interest is high. Lamar was one of the top nominees at the 2014 Grammy Awards, but was shut out in what turned out to be a hip-hop

Quoted

"It's just up to you to take advantage of the opportunity because there's plenty of rappers that have friends."

Schoolboy Q
on working with Kendrick Lamar

landslide victory for Macklemore & Ryan Lewis. Though Lamar didn't win, he teamed with Imagine Dragons for one of the night's most powerful performances and attained a new level of popularity.

"The performance was crazy, probably the best performance of the night," Henderson said. "I'm not just saying that because that's my artist either. After all that controversy behind him not winning, that's keeping him in all the conversations. It keeps us as an underdog. There's no ceiling. If you win, where do you go after that? So it gives us something to work towards still."

THE ASSOCIATED PRESS



Lovato has the stomach to take on Gaga fans after pukey SXSW performance



Lady Gaga ALL PHOTOS GETTY IMAGES

Lady Gaga has received plenty of raised eyebrows for letting a performance artist vomit on her during a concert at SXSW last week, but some people were genuinely offended by the act, including Demi Lovato, who took to Twitter to criticize Gaga for glamourizing eating disorders. "Bottom line, it's not 'cool' or 'artsy' at all," Lovato tweeted. "Would you let someone bring a needle and shoot up on you? Addiction is addiction." Some fans immediately came to Gaga's defence, accusing Lovato of throwing shade, but she would not be deterred. "It's not 'shade' and it's not 'hate.' But someone has to come forward and say it," she wrote. "Putting the word 'art' in it isn't a free card to do whatever you want without consequences."



Wayne Knight

Good Knight, sweet prince ... No, wait, he's alive!!

Former Seinfeld and Jurassic Park star Wayne Knight had to take to Twitter this weekend to reassure fans that reports of his death were greatly exaggerated. "Some of you will be glad to hear this, others strangely disappointed, but ...

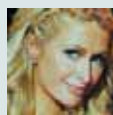
I am alive and well," Knight wrote, responding to fake TMZ and Us Weekly posts claiming he'd died. "Does someone have to DIE to trend? Geez! Thanks for all the love, everybody. I didn't know you cared. Glad to be breathing!"

Twitter



@MarkDuplass

I have been up for 2 hours and I remember maybe 6-7 minutes of it.



@ParisHilton

Just had an amazing 2 hour deep tissue massage. Feeling happy & relaxed. Loves it



@ChloeGMoretz

flipping through channels then i see "Why Planes Crash" who would Ever watch that?!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Statham's model girlfriend should tread Kerr-fully

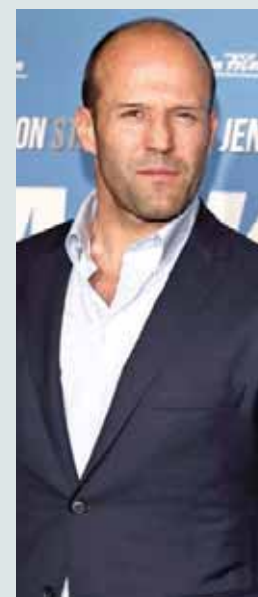
Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the supermodel has begun to lay down the law that if Jason doesn't start getting serious about getting mar-

ried, she will leave him. But the ultimatum idea didn't come from Rosie herself but her close pal and mentor Miranda," a source says.

"After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.



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Fish oils on the brain



Fish oils range in the health benefits that they may offer. ISTOCK

Supplements. Take the confusion out of shopping for these oils that may improve brain, heart and many other areas of overall health

DAVID SINGH
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved

in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

What's the difference?

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

What is omega-3?

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

Food first

Great, now that that's cleared up, time to head to the phar-

macy aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

Risks to fish oil

Fish oil is not without risks. It can thin the blood, and re-

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MIND THE APP

Kris Abel
@RealKrisAbel
life@metronews.ca

For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.



Be on the lookout

When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.

search about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."

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Prevention and precision

LINDA
CLARKE

Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old “one pill fits all” application.

“Precision medicine is the buzzword,” says Dr. Rona Yaeger, a colorectal cancer researcher for the American Can-

cer Society. “Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types.”

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

“We’re now understanding that we’ve been over-treating and we don’t always need all that chemotherapy and radiation,” explains Yaeger. “Radi-

tion, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility.”

Generally, colorectal cancer is thought of as an older person’s disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

“So far, the evidence is observational, but that’s what we’re seeing,” she says. “The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do

not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it’s beyond a polyp.”

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You’ve heard them before: a healthy (high-fibre!) diet, and regular exercise.



A high-fibre diet and exercise help slash the risk of colorectal cancer. iStock



Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

... and that’s the bottom line

Colon Cancer Awareness Month.
Metro’s movie critic shares his own story — and a vital message



RICHARD
CROUSE
life@metronews.ca

There are a few phrases you never want to hear.

“Michael Bay is directing a remake of Casablanca” and, “It’s not you, it’s me” appear on the scroll of things that hurt my ears.

Top of the list, however, is, “We’ve found a tumor.”

In mid-2013, I had a colonoscopy, a procedure so routine I thought I’d be in and out and on my way to my favourite sandwich shop by lunch. I’m a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, “I’m sorry,” before walking away, didn’t do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly

skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, “Screw you, cancer. You’re not making the rules, I am.” Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I’m through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won’t miss feeling like I’m living in someone else’s body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I’m confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it’s not my message.

I waited until after my treatment for my cancer coming out party because I didn’t want apathy. I didn’t want to be viewed differently. I just want you to

Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.

Down south meets south of border: Mac & Cheese Fajitas

THERESA ALBERT
myfriendinfood.com

Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

1. Place steak on counter to bring to room temperature.

2. Bring pot of water to a boil, add a pinch of salt for pasta.

3. Meanwhile, mix herbs, sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

4. Add pasta to boiling water and boil to cook through, drain.

5. Remove steak and set



This recipe serves four. COURTESY THERESA ALBERT

aside.

6. Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

7. Add cream cheese to pasta pot to melt and stir in pasta.

8. Butter casserole dish and add pasta to it. Top with

Ingredients

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

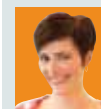
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NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Red meat gets a bad rap, but in small, reasonable amounts, it can serve up high amounts of immune-boosting zinc and muscle-building protein.

Any animal protein contains cholesterol and fat, so you want to keep it in check by choosing leaner cuts and making meat an ingredient rather than the whole dish.

Lean cuts include flank steak and tenderloin.

Here are some ideas to stretch your beef (and your budget).

- Use steak in stir fries and bump up the veggie content.

- Use double the beans and half the meat in your chili recipe.

- Add ground oats and cooked spinach to burgers and meat loaves.

- Choose grass-fed beef or bison. They are leaner.

- Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.

Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Beefing up your mole

1. Heat the oven to 350 F.

2. Spread butter over cut sides of both halves of the baguettes. Set the baguettes cut side up in the oven to warm.

3. Meanwhile, heat the oil in a medium saucepan over medium-high. Add the beef and sear for 2 to 3 minutes per side. Set aside off the heat.

4. In a blender combine the almond butter, tomatoes, gar-

lic, shallot, cocoa powder, cinnamon, black pepper, pepper flakes, cloves and water. Purée until smooth, then add to the beef. Bring the beef and sauce to a simmer over medium heat. Cook, uncovered and stirring occasionally, for 10 minutes.

5. Season the beef with salt and hot sauce, then divide it between serving plates. Top with scallions. Accompany with the warmed baguette.

THE ASSOCIATED PRESS

Ingredients

- 12-inch baguette, halved lengthwise
- 4 tbsp (1/2 stick) butter, softened
- 1 tbsp olive oil
- 3/4 lb beef sirloin tips, cut into 1-inch chunks
- 1/4 cup almond butter
- 1/4 cup canned crushed tomatoes
- 2 cloves garlic
- 1/2 shallot
- 1 tsp cocoa powder
- 1/4 tsp each cinnamon, ground black pepper, red pepper flakes
- Pinch ground cloves
- 1/2 cup water
- Salt
- Hot sauce, to taste
- 1 scallion, white and green parts, chopped

TOP SIX@6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Classified ft B.o.B Higher
- 5 Mia Martina ft Dev Danse
- 4 Kid Ink Show Me
- 3 Bastille Pompeii
- 2 Beyoncé ft Jay Z Drunk In Love
- 1 Jason Derulo Talk Dirty

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QMJHL

Drouin scores player of the week honours

Well, this was a no-brainer.

Halifax Mooseheads forward Jonathan Drouin was named the QMJHL player of the week on Tuesday after recording a whopping 12 points in three games.

That included a career-high seven points in Halifax's 8-6 come-from-behind win over the Cape Breton Screaming Eagles to end the regular season on Saturday night.

Drouin had a goal and six assists in that game to finish the season with 108 points, his second consecutive 100-point campaign.

METRO

QMJHL playoffs

Opening-round Herd tickets on sale this morning

Playoff tickets for the Halifax Mooseheads' opening-round series against the Charlottetown Islanders go on sale to the general public on Tuesday at 10 a.m.

The Mooseheads, the defending QMJHL and Memorial Cup champions, head into this year's playoffs as the No. 2-ranked team in the league, while the Islanders are the 15th-seeded team.

Games 1 and 2 of the series go Friday and Saturday at the Metro Centre, with the series switching to Charlottetown for Games 3 and 4 next Tuesday and Wednesday.

If needed, Game 5 goes March 28 at the Metro Centre, followed by Game 6 on March 30 in Charlottetown and Game 7 on April 1 in Halifax. **METRO**

AUS football

Huskies name new head of defence

The Saint Mary's Huskies have named a veteran coach as their new defensive co-ordinator.

Gregg Butler is taking over the helm from Marcello Simmons, who recently joined the coaching staff of the Canadian Football League's Hamilton Tiger-Cats.

Butler has been a defensive coach for 19 years, including in the CFL with Toronto, Montreal, Winnipeg and Hamilton. **METRO**



Stammer lays down the hammer on Canucks

Steven Stamkos of the Tampa Bay Lightning celebrates his goal as Shawn Matthias of the Vancouver Canucks reacts on Monday night in Tampa, Fla. Ondrej Palat, Valtteri Filppula and Tom Pyatt also scored in the Lightning's 4-3 win. Tampa Bay moved into a second-place tie with Montreal — with one game in hand — in the Atlantic Division after completing a 3-1-2 homestand. Vancouver, which started play 10th in the Western Conference, is 3-6-1 in its last 10 games. **MIKE CARLSON/GETTY IMAGES**

Saulnier up for top player award

NCAA women's hockey. Haligonian among two Canadian finalists for coveted annual trophy

Quoted

"Jillian is skilled, but she gets a lot of her chances and opportunities and creates things because of her intensity and her power."

Hockey Canada head scout Melody Davidson, on Haligonian Jillian Saulnier.

The paths of hockey players Jamie Lee Rattray and Jillian Saulnier keep crossing.

Ottawa's Rattray and Saulnier of Halifax are among three finalists for the Patty Kazmaier Award, which is given annually to the top female in NCAA Division 1 hockey.

Hannah Brandt of Vadnais Heights, Minn., is the other finalist for the trophy, which will be handed out Saturday during the women's Frozen Four tournament in Hamden, Conn.

Rattray, a senior at Clarkson University, and Saulnier, a junior at Cornell, were

teammates on the Canadian women's under-18 hockey team in both 2009 and 2010, followed by three years together on the national under-22 squad.

The two forwards won silver in 2009 and gold in 2010 at the world under-18 championships.

"We've been travelling the same road for a long time now," Saulnier said. "We're really, really close."

"It's an honour, especially being there with one of my best friends from the national program, it's even nicer to see that. I'm excited for her as well."

The award was established

in 1998 in memory of Kazmaier, a Princeton defence-man who died of a blood disease at the age of 28.

Brandt, a sophomore at the University of Minnesota, led Division 1 scoring with 22 goals and 41 assists for 63 points in 39 games. Rattray, 21, was second with 62 points — 28 goals and 34 assists in 39 games.

Saulnier, 22, ranked fourth with 28 goals and 28 assists in 34 games.

Both Brandt and Rattray will compete in the women's Frozen Four as Minnesota and Clarkson won their quarter-final games Saturday. Cornell lost 3-2 to Mercyhurst and did

Top Canucks

Previous Canadian winners of the Patty Kazmaier Award were Mercyhurst's Vicki Bendus of Wasaga Beach, Ont., (2010); Harvard's Sarah Vaillancourt of Sherbrooke, Que., (2008); Wisconsin's Sara Bauer of St. Catharines, Ont., (2006); and Harvard's Jennifer Botterill of Winnipeg (2001, 2003).

not advance.

Clarkson takes on Mercyhurst and Minnesota faces Wisconsin in Friday's semi-finals with the winner advancing to Sunday's championship game.

Saulnier, five-foot-five and 144 pounds, studies business and communications at Cornell. Rattray, five-foot-six and 172 pounds, will graduate with a degree in business from Clarkson. **THE CANADIAN PRESS**

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4 SPORTS

Melvin has goals beyond NCAA March Madness



Melvin Ejim's family moved from Nigeria to Toronto just before he was born and he didn't get noticed by the countless street scouts who hover around the game until his mid-teens. JASON MILLER/GETTY IMAGES

Basketball. Big 12 player of the year from Toronto is taking college very seriously

It is refreshing in this age of one-and-done NCAA basketball stars — the high-profile teenagers who use a year in college as a pit stop on their way to untold NBA riches — to find the student athletes who use as much collegiate time as they can.

They may end up in Europe or the D League or Asia — and on occasion they improve their games enough to find NBA employment — but they find a balance that sets them up for life as something other than a professional baller.

Toronto's Melvin Ejim, who has accrued any number of accolades at Iowa State University, is a case in point.

He has been a mainstay of the program for four years and no matter what happens in the March Madness tournament that begins this week, his overall impact has been significant.

"It's one of the best things that ever happened to this

program is to have Melvin Ejim in a Cyclone uniform for four years," Iowa State coach and former NBAer Fred Hoiberg said of Ejim earlier this month.

Ejim is indeed a throwback, a true senior who has stayed and thrived and become the face of a college program.

The Cyclones have been to March Madness in three of Ejim's four years there and he has been their standout player all season.

There was a memorable 48-point night — the highest single-game scoring outburst in Big 12 history against TCU last month — and Ejim finished his career 12th all-time in Iowa State history with 1,547 points and third with 1,007 rebounds.

He's a fine outside shooter at 35 per cent from three-point range, and a disruptive, if undersized, force in the paint. But whether or not Ejim has the skills to play in the NBA is very much in doubt. NBA scouts, forbidden by rules to speak on the record about college players before their seasons are over, wonder just where Ejim's game would take him.

Not all about the NBA

"Law school, that's where I have my sights right now."

Toronto's Melvin Ejim, on his main goal in college, one that he should meet given his 3.7 GPA.

Northern lights

27

A total of 27 Canadians will suit up in the tournament. Look for numerous Canucks not only playing major minutes, but playing starring roles.

At six-foot-six he is the prototypical "tweener" who many think would have trouble finding a position to play in the NBA. Some doubt that he's quick enough to guard small forwards or big enough to handle power forwards, and an offensive game that's stood him in such good stead in the NCAA may not cut it in the NBA.

But Ejim, according to those who know him, is a grounded 23-year-old fully aware that professional basketball may not be in his future. There are hundreds and hundreds of college players who dream only about becoming professional, but Ejim is not one of them.

"I'm in school — my primary goal is to get my education," Ejim told the Des Moines Register. "When I'm not doing that, I'm playing basketball."

Added Hoiberg: "Melvin's a heck of a lot smarter than I am. He gets better grades than I ever got. He's what participating in college athletics is supposed to be about."

TORSTAR NEWS SERVICE

Wayman Tisdale Award

Parker named top freshman

Duke forward Jabari Parker won the Wayman Tisdale Award on Monday, presented by the U.S. Basketball Writers Association to the nation's top freshman.

The six-foot-eight Parker is second in the Atlantic Coast Conference in scoring (19.3) and leads the league in rebounding (8.8). He has scored in double figures in 17 straight games and in 32 of 34 games this season, breaking the Duke freshman record held by Gene Banks and Luol Deng.

Joining Parker on the freshman All-America team are: Joel Embiid and Vaughan's Andrew Wiggins of Kansas; Brampton's Tyler Ennis of Syracuse and Julius Randle of Kentucky.

THE ASSOCIATED PRESS



Duke's Jabari Parker was named NCAA freshman of the year on Monday. GETTY IMAGES

Billion-dollar bracket

Buffett's bet building hype

So, about that billion dollars.

Warren Buffett looks at his offer to pay \$1 billion to anyone who fills out a perfect NCAA tournament bracket as nothing more than a matter of having the numbers in his favour.

Mathematicians say he's right but that's not stopping them from building a cottage industry to teach bracket-fillers how to make the impossible seem possible.

Around a half-dozen college professors are offering classes to teach the ins and outs of the numbers that will, inevitably, work against them.

There are a few more than 9.2 quintillion combinations for a 64-team bracket. A quintillion is one million times one trillion — a 1 with 18 zeros behind it.

THE ASSOCIATED PRESS

Guide to March Madness

Top Teams

Florida. No. 1 overall gets props, especially one that plays defence like the Gators.

Wichita State. Final Four last season, unbeaten so far this one. All you need to know.

Arizona. A loss to UCLA in the Pac-12 title game wasn't enough to keep the Wildcats from a No. 1 seed.

Virginia. No. 1 in the East Region after sweeping the ACC regular-season and tournament titles.



Top players

Doug McDermott, Creighton. Pretty much everyone's player of the year. Expect big things.

Jabari Parker, Duke. The year's best freshman is one of the best. Period.

Shabazz Napier, UConn. The only thing the Huskies' do-everything guard doesn't do is drive the team bus.

Russ Smith, Louisville. He is still Russdiculous.



Potential upsets

Harvard over Cincinnati, East Regional.

Providence over North Carolina, East Regional.

Saint Joseph's over UConn, East Regional.

N.C. State or Xavier over Saint Louis, Midwest Regional.

Iowa or Tennessee over UMass, Midwest Regional.

Numbers games

3 straight years a team with a losing record has made the field of 68. Cal Poly, at 13-19, got in by winning the Big West tournament as the No. 7 seed.

18 teams have entered the tournament undefeated. Seven went on to win the title, the last one Indiana in 1976.

26 consecutive wins by top overall seed Florida.

355 Weight of Sim Bhullar, New Mexico State's seven-foot-five centre.



The missing

Brandon Ashley, Arizona. The forward went down for the season with a foot injury last month.

Joel Embiid, Kansas. The freshman is out with a back injury.

Mitch McGary, Michigan. The big man, missed the season with a back injury.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

Taurus

April 21 - May 21

Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

Gemini

May 22 - June 21

If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

Cancer

June 22 - July 23

Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

Leo

July 24 - Aug. 23

Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

Virgo

Aug. 24 - Sept. 23

No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

Scorpio

Oct. 24 - Nov. 22

According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

Sagittarius

Nov. 23 - Dec. 21

If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

Capricorn

Dec. 22 - Jan. 20

At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

Aquarius

Jan. 21 - Feb. 19

Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

Pisces

Feb. 20 - March 20

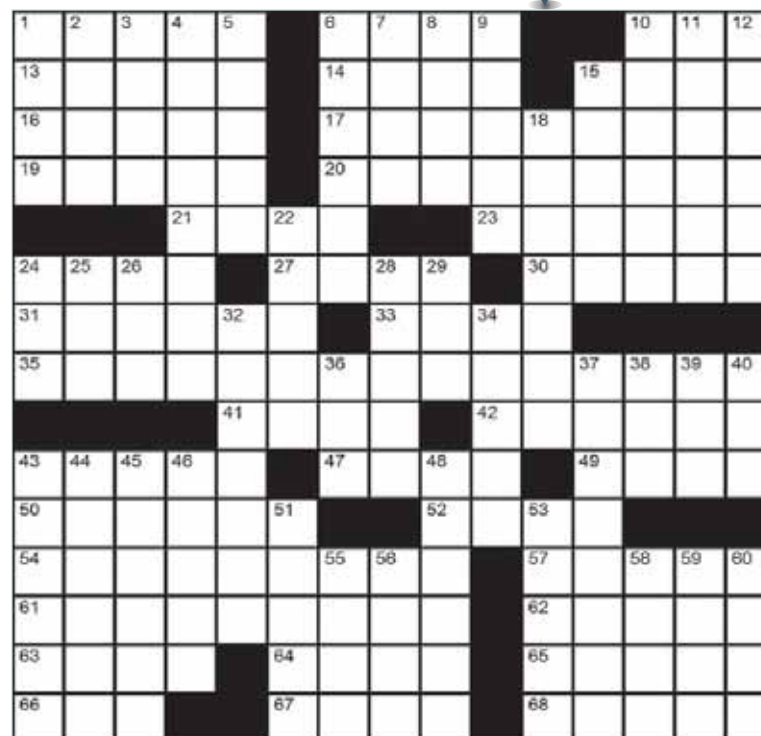
If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. ___ Falls (High waterfall on Vancouver Island)
6. "Who's the Boss?" role
10. Swimming length
13. Stave off
14. ___ 6:00am
15. Bona ___
16. Hairstyle bangs, sometimes
17. Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
19. View, Bible-style
20. Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
21. '60s concert film, "___ Show"
23. Loyal about: 2 wds.
24. ___ B'rith
27. Prefix to 'ferous' (Conveying air)
30. German industrial city
31. St. John's born humourist Rick
33. Patron saint of Norway
35. Type of show
- #17-Across is: 2 wds.
41. Stroll
42. Excused from
43. Marx Brothers, just one
47. Indigo
49. ___ Rage (Performance enhancers-user's anger)
50. "Sources told me



- that...": 2 wds.
52. Drug deal buster, for short
54. North Atlantic overfishing depletes them: 2 wds.
57. Surpass
61. Ruthless
62. ___ Pendragon (King Arthur's father)

63. Some, in French: Quelques-___
64. Comic actor Eric
65. Upside-down-triangle sign
66. Celeb couple's caught-by-paps moment
67. Ooze
68. Sir Coward's

Down

1. Stealing birds
2. "A Letter for ___" (1946)
3. Shake off
4. Avon product
5. Temple sanctums of ancient Greece
6. Wet earth created

- 'dessert': 2 wds.
7. Bright fish
8. Old ___ (Clothing chain)
9. "This is ___ this is only..."
10. Water ___ (Flowers in Monet paintings)
11. "___ Fideles"
12. '60s series, "___

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Place"
15. Concentrate
18. Web browser name
22. "Canada AM" health expert, Dr. ___ Shapiro
24. Snazzy-lettered car
25. Prefix to 'classical'
26. Airport screen abbr.
28. ___ '___ Roll
29. Island: French
32. Adele's "Rolling in the Deep" co-song-writer, Paul ___
34. High-speed Amtrak train
36. Mode's intro: 2 wds.
37. Romeo and Juliet character
38. Music genre
39. Printer resolution meas.
40. Financial rpt.'s 'until now'
43. Small setback
44. Elvis bit: "You ain't nothin' but ___ dog..."
45. Tetley product aka Rooibos: 2 wds.
46. Histories
48. Shoe part
51. Showbiz legend
- Ms. Day
53. ___Noranda, Quebec
55. Postal ___
56. Produce product
58. Bible pronoun
59. Computers name
60. Sequences, for short

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 8 | 6 | 4 | 5 | 9 | 7 | 2 |
| 2 | 9 | 4 | 3 | 7 | 8 | 1 | 6 | 5 |
| 5 | 7 | 6 | 2 | 1 | 9 | 8 | 3 | 4 |
| 6 | 5 | 2 | 1 | 8 | 3 | 7 | 4 | 9 |
| 9 | 3 | 7 | 5 | 2 | 4 | 6 | 8 | 1 |
| 4 | 8 | 1 | 7 | 9 | 6 | 5 | 2 | 3 |
| 1 | 4 | 9 | 8 | 6 | 2 | 3 | 5 | 7 |
| 7 | 6 | 3 | 4 | 5 | 1 | 2 | 9 | 8 |
| 8 | 2 | 5 | 9 | 3 | 7 | 4 | 1 | 6 |

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | 4 | 2 | | | | | 6 | | |
| | | | | 5 | 2 | | | | 3 |
| 7 | | | | | | 9 | | | 5 |
| | | 5 | 4 | | 8 | | 3 | | |
| | 3 | | | 7 | | | 8 | | |
| | 9 | | 6 | | 3 | 7 | | | |
| 3 | | | 2 | | | | | | 9 |
| 8 | | | | 9 | 1 | | | | |
| | | 9 | | | | | 8 | 6 | |

Today



Wednesday



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THROWBACK PRICING

PAYMENTS LIKE THEY WERE 15 YEARS AGO

✓ CANADA'S URBAN UTILITY VEHICLE

\$750
TRADE-IN BONUS*
ON SELECT CUVs



Rondo EX Luxury shown^Δ

THE ALL-NEW 2014 RONDO

hwy / city 100km^Δ
6.2L/9.4L

**NEW! LOWER CASH
PURCHASE PRICE**

STARTING FROM
\$18,639[∞]
6-SPEED MANUAL

Offer includes delivery, destination, PPSA, fees and **\$5,000 IN CASH SAVINGS^Δ**. Offer based on 2014 Rondo LX MT (RN551E) with a purchase price of **\$23,639**.

✓ BEST NEW SUV

(\$35,000 - \$60,000)

\$750
AWD UPGRADE CREDIT*



Sorento SX shown^Δ

THE NEW 2014 SORENTO

hwy / city 100km^Δ
7.1L/10.4L

THROWBACK PRICING

WAS
~~\$157~~

\$122[∞] **\$0 DOWN.**
BI-WEEKLY for the
first 15 MONTHS.
6-SPEED AUTOMATIC

0%[∞]
financing

Includes Variable Throwback Pricing Incentive. \$122 bi-weekly payments include \$1,120 Throwback Pricing Incentive. Payments are based on 2014 Sorento 2.4L LX AT FWD (SR75BE). 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$157. Principal balance of \$8,154 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

✓  BLUETOOTH[®] CONNECTIVITY |  SATELLITE RADIO |  WINDSHIELD WIPER DE-ICER

\$750
AWD UPGRADE CREDIT*



Sportage SX Luxury shown^Δ

THE NEW 2014 SPORTAGE

hwy / city 100km^Δ
7.0L/10.0L

THROWBACK PRICING

WAS
~~\$144~~

\$97[∞] **\$0 DOWN.**
BI-WEEKLY for the
first 15 MONTHS.
6-SPEED MANUAL

1.49%[∞]
financing

Includes Variable Throwback Pricing Incentive. \$97 bi-weekly payments include \$1,504 Throwback Pricing Incentive. Payments are based on 2014 Sportage LX MT FWD (SP551E), financing for 84 months. After 15 months, bi-weekly payments increase to \$144. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

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for Atlantic drivers.



The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by March 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. *Offer available on the retail purchase/lease of any 2014 Rondo model from participating retailers between March 1-31, 2014, upon proof of current ownership/lease of a competitive cross-over vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Hyundai, Honda, GM, Ford and Chrysler vehicles. Some conditions apply, ask your retailer or go to kia.ca for complete details. **Cash purchase price for the new 2014 Rondo LX MT (RN551E) is \$18,639 and includes a cash savings of \$5,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Retailer may sell for less. *\$5,000 cash savings on the cash purchase of an eligible new 2014 Rondo LX MT (RN551E) from a participating dealer between March 1-31, 2014, is deducted from the selling price before taxes and cannot be combined with special lease/finance offers. Some conditions apply. *Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. Financing for 84 months example: 2014 Sportage LX MT FWD (SP551E) with a purchase price of \$24,839 (including \$1,665 freight/PDI) financed at 1.49% for 84-month period with \$0 down payment equals 32 reduced bi-weekly payments of \$97 followed by 150 bi-weekly payments of \$144. Cost of borrowing is \$1,324.98 and total obligation is \$26,164. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Sportage LX MT FWD (SP551E) shown is \$1,504 (a \$47 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. 60/94 Amortization Financing example: 2014 Sorento 2.4L LX AT FWD (SR75BE) with a purchase price of \$28,539 (including \$1,665 freight/PDI) financed at 0% for 60 months amortized over an 84-month period with \$0 down payment equals 32 reduced bi-weekly payments of \$122 followed by 98 bi-weekly payments of \$157 with a principal balance of \$8,154 plus applicable taxes due after 60 months. Cost of borrowing is \$0 and total obligation is \$28,539. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Sorento 2.4L LX AT FWD (SR75BE) shown is \$1,120 (a \$35 reduction in 32 bi-weekly payments). Limited time offer. Offer excludes applicable taxes. See retailer for complete details. 0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. *Offer available on the retail purchase/lease of 2013/2014 Sportage and 2014 Sorento AWD models from participating retailers between March 1-31, 2014. \$750 Credit will be deducted from the negotiated purchase/lease price before taxes. See your dealer for complete details. Sirius, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. The Bluetooth wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. *Model shown Manufacturer Suggested Retail Price for 2014 Sorento SX V6 AWD (SR75VE)/2014 Rondo EX Luxury (RN756G)/2014 Sportage SX AT Luxury AWD (SP759E) is \$40,595/\$32,295/\$38,295. * Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (AT)/2014 Rondo 2.0L GDI 4-cyl (MT)/2014 Sportage 2.4L 4-cyl (AT). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.